

PREPARING FOR YOUR COLONOSCOPY with Polyethylene Glycol (PEG) 3350/MiraLAX and Bisacodyl/Dulcolax

Questions after reading this?

Call the GI Triage Line at 720-723-6166, Monday – Friday and leave a message. An RN will call you back within 48 hours, or on Monday if you call on the weekend. For questions at night or on weekends, call 303-399-8020, select “0” and ask for the GI doctor on call.

As soon as you schedule your colonoscopy

- Please plan to arrive 60 minutes before your appointment time.
- Arrange for a responsible adult (at least 18 years old) to bring you here AND drive you home.
- You CANNOT drive yourself home or take a taxi or bus alone!
- *If you come alone, your appointment will be CANCELLED.*

14 days before your colonoscopy

- If you haven't received a bottle of **Polyethylene glycol (PEG) 3350/MiraLAX** and four tablets of **Bisacodyl/Dulcolax** in the mail, call the GI Triage Line at 720-723-6166.
- The Anticoagulant Clinic should call you if you take a blood thinner such as Warfarin/Coumadin, Eliquis/Apixaban, Xarelto/Rivaroxaban or Pradaxa/Dabigatran. If they haven't by fourteen days prior to the procedure, call 720-723-6756.
- If you are on Plavix/Clopidogrel, Brilinta/Ticagrelor, Pletal/Cilostazol, Aggrenox/Aspirin with Dipyridamole or Prasugrel/Effient, you should receive a call from the GI Department at least fourteen days prior to the procedure. If you don't, please call 720-723-6166.

7 days before your colonoscopy

- STOP EATING corn, popcorn, frozen corn, seeds or nuts of any type. These foods are very difficult to clean from your colon.
- STOP taking any IRON supplements as they interfere with good bowel cleansing.
- Buy two 32-ounce size bottles of Gatorade, but NO purple, red or orange colored flavors.

3 days before your colonoscopy

- STOP taking any Vitamin E, fish oil, mineral oil, or flaxseed oil. These can cause bleeding.

2 days before your colonoscopy

- For breakfast and lunch, eat as you normally would.
- For dinner, eat ONLY a SMALL, LIGHT meal. This is the last solid food you will have until after your colonoscopy. Drink only clear liquids the rest of the night.

The day before your colonoscopy

- *No solid foods today!*
- Drink ONLY clear liquids (liquids you can see through) such as Gatorade, soft drinks, clear juices (without pulp), Kool-Aid, Jell-O, popsicles, clear broth, black coffee or tea. *Drink lots of clear liquids to stay hydrated! The prep will work much better if you are.*
- DO NOT DRINK milk or dairy products, alcohol, beer, or any clear liquid or Jell-O that is red, orange, or purple in color. These dyes are difficult for the doctor to see through.
- At 3 pm, swallow FOUR Dulcolax/bisacodyl tablets with at least 16 ounces of a clear liquid.

The night before your colonoscopy

- At 5 pm, mix 1/2 (one half) of the bottle of PEG 3350/MiraLAX (about 119 grams) in one of the bottles of Gatorade. Shake it well to dissolve.



- You may use warm, cold or room-temperature Gatorade.
- Drink an 8-ounce glass of this solution every 10 to 15 minutes until you finish the bottle.
- PEG 3350/MiraLAX is a laxative. It empties your colon, so the doctor will be able to see its walls and spot any abnormal growths (polyps).
- PEG 3350/MiraLAX will give you diarrhea! This is normal.
- You may drink other clear liquids after you finish the PEG 3350/MiraLAX and Gatorade, up until midnight.
- *After midnight DON'T drink anything except what we instruct you to on the next page!*

TIP You may want to buy flushable baby wipes and Vaseline to use during your prep.

The day of your colonoscopy

- *Do not eat any solid food today, and drink clear liquids only as instructed below!*
- FIVE HOURS BEFORE LEAVING for your colonoscopy, mix the other 1/2 (one half) of the bottle of PEG 3350/MiraLAX (about 119 grams) in the other bottle of Gatorade and shake it well to dissolve.
- Drink an 8-ounce glass of the solution every 10 to 15 minutes until you finish it.
- Take any morning medications you need at least FOUR HOURS BEFORE your colonoscopy, with a few sips of water to swallow any pills, tablets or capsules.
- *During the FOUR HOURS BEFORE your colonoscopy, for your own safety, there should be NOTHING IN YOUR MOUTH, not even chewing gum.*
- *If you have ANYTHING in those four hours, even WATER, your colonoscopy will be delayed or canceled.*
- Your stool should be clear and yellow, with no solid particles in it.
- Come to your appointment 60 minutes beforehand! The GI Lab is on the 3rd floor of building D, Mount Harvard. Take elevator number 1 to the 3rd floor, and our waiting room will be on the east side of the building.

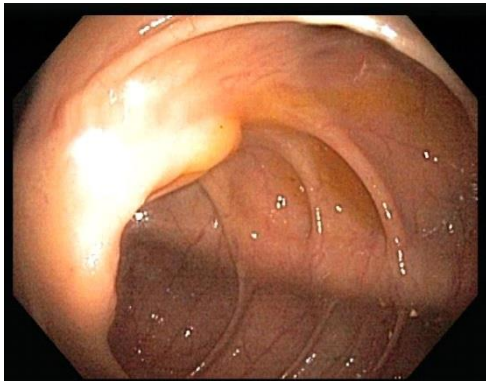
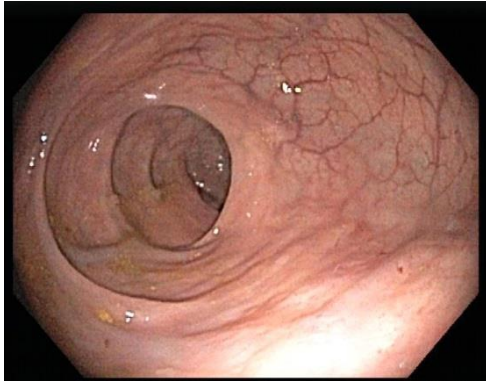
Do you have diabetes? Take special care while only drinking clear liquids!

- ✓ Monitor your blood sugar every 4 hours during the day before your colonoscopy.
- ✓ If you use insulin, the morning of the day BEFORE your colonoscopy take 1/2 (one half) your normal morning insulin dose.
- ✓ If you take diabetes medications by mouth, the morning of the day BEFORE your colonoscopy take them as usual.
- ✓ The evening BEFORE your colonoscopy, do NOT take any insulin or diabetes medications by mouth.
- ✓ The morning OF your colonoscopy, do NOT take any insulin or other diabetes medications.

Why is following the directions so important?

Good prep:

Polyps are easier to see.



Bad prep:

Polyps/cancer could be missed!

